21. (new) A method of treatment, comprising:

a) providing:

i) a subject with symptoms of an inflammatory bowel disease, wherein said inflammatory bowel disease is selected from the group consisting of ulcerative colitis and crohn's disease, and

ii) a therapeutic composition comprising a biologically active vitamin D compound, wherein said biologically active vitamin D compound is 1α-hydroxyvitamin D_3; and

b) administering a therapeutically effective amount of said therapeutic composition to said subject under conditions such that said symptoms are reduced.

22. (new) The method of Claim 21, wherein said therapeutically effective amount comprises a daily dose of between 0.1 μg and 20 μg per 160 pounds of said subject.

23. (new) The method of Claim 21, wherein said therapeutically effective amount comprises a daily dose of between 0.5 μg and 10 μg per 160 pounds of said subject.

24. (new) The method of Claim 21, wherein said therapeutically effective amount comprises a daily dose of between 3.0 μg and 10 μg per 160 pounds of said subject.

25. (new) The method of Claim 21, wherein said administering is conducted in a continuous manner.

26. (new) The method of Claim 21, wherein said administering is via a transdermal patch.

27. (new) The method of Claim 21, wherein said administering is via a suppository.

28. (new) The method of Claim 21, wherein said administering is via a slow release oral formulation.

29. (new) A method of treatment, comprising:

a) providing:

i) a subject with symptoms of an inflammatory bowel disease, wherein said inflammatory bowel disease is selected from the group consisting of ulcerative colitis and crohn's disease, and

ii) a therapeutic composition comprising a biologically active vitamin D compound, wherein said biologically active vitamin D compound is 1α-hydroxyvitamin D_2; and

b) administering a therapeutically effective amount of said therapeutic composition to said subject under conditions such that said symptoms are reduced.

30. (new) The method of Claim 29, wherein said therapeutically effective amount comprises a daily dose of between 0.1 μg and 20 μg per 160 pounds of said subject.

31. (new) The method of Claim 29, wherein said therapeutically effective amount comprises a daily dose of between 0.5 μg and 10 μg per 160 pounds of said subject.

32. (new) The method of Claim 29, wherein said therapeutically effective amount comprises a daily dose of between 3.0 μg and 10 μg per 160 pounds of said subject.

33. (new) The method of Claim 29, wherein said administering is conducted in a continuous manner.

34. (new) The method of Claim 29, wherein said administering is via a transdermal patch.

35. (new) The method of Claim 29, wherein said administering is via a suppository.

36. (new) The method of Claim 29, wherein said administering is via a slow release oral formulation.

37. (new) A method of treatment, comprising:

a) providing:

i) a subject with symptoms of an inflammatory bowel disease, wherein said inflammatory bowel disease is selected from the group consisting of ulcerative colitis and crohn's disease, and

ii) a therapeutic composition comprising a biologically active vitamin D compound, wherein said biologically active vitamin D compound is 19-nor-1α,25-dihydroxyvitamin D_2, and

b) administering a therapeutically effective amount of said therapeutic composition to said subject under conditions such that said symptoms are reduced.

38. (new) The method of Claim 37, wherein said therapeutically effective amount comprises a daily dose of between 0.1 μg and 20 μg per 160 pounds of said subject.

39. (new) The method of Claim 37, wherein said therapeutically effective amount comprises a daily dose of between 0.5 μg and 10 μg per 160 pounds of said subject.

40. (new) The method of Claim 37, wherein said therapeutically effective amount comprises a daily dose of between 3.0 μg and 10 μg per 160 pounds of said subject.

41. (new) The method of Claim 37, wherein said administering is conducted in a continuous manner.

42. (new) The method of Claim 37, wherein said administering is via a transdermal patch.

43. (new) The method of Claim 37, wherein said administering is via a suppository.

44. (new) The method of Claim 37, wherein said administering is via a slow release oral formulation.